

## HOW CAN I GET RID OF BED BUGS?

Complete elimination of a bed bug infestation may be difficult without the services of a knowledgeable Pest Control Service. It may even take as many as five or more treatments to gain control of an infestation.

Do-it-yourself measures used by homeowners and renters sometimes cause more problems than benefits.

## SO WHAT DO I DO?

- Reduce the amount of clutter to achieve a good treatment and eliminate hiding places
- Vacuum mattresses , box springs and carpets, dispose vacuumed contents in a sealed plastic bag
- Cover mattress and box spring with plastic covers
- Spray bed bugs with alcohol (use small plastic spray bottle and 90% rubbing alcohol undiluted), in-between professional treatments
- Wash bedding and garments in hot (120° F ) water
- Put clothing in a dryer for at least five minutes to kill bed bugs
- Inspect any furniture being brought into your home for bed bugs
- When returning from a trip inspect your luggage and clothes for bed bugs



Cincinnati Health Department  
1525 Elm Street 3<sup>rd</sup> Fl  
Cincinnati, Ohio 45202  
513-591-6000

**WHAT YOU NEED TO  
KNOW ABOUT  
BED BUGS**



## BED BUGS ARE BACK!

You have probably heard the old saying, **“Sleep tight don’t let the bed bugs bite”**, well; bed bugs have made a big comeback in the U.S. Their name comes from their tendency to live between mattresses and feed on the occupants at night. Bed bugs do not fly or jump, but move quickly over floors, walls, ceilings, and furniture.



Bed bugs are wingless, approximately ¼ inch in length with a flattened oval shape and rusty brown in color. Female bed bugs lay up to five eggs a day and five hundred during a lifetime. A bed bug can live up to 18 months without a blood meal and the adults normally live about 10 months. Since bed bugs are only active at night, any daytime sightings may indicate a heavy infestation.

## WHERE DO BED BUGS COME FROM?

Bed bugs can seem to come from nowhere, but are being seen more and more in apartments, hotels, homes, shelters, dormitories and nursing homes. They are active travelers, usually transported in luggage, boxes, clothing, furniture and even hair. Infestations are not tied to unsanitary living conditions; even world-class hotels have reported bed bug problems.

## WHERE TO LOOK

Check for bed bugs on the seams, tufts, or folds of mattresses, bed frames and head boards.



Bed bugs may also be behind baseboards, pictures, frames, windows, door casings, loosened wall paper, curtains, cracks in plaster, and behind electrical wall plates.

## HOW DO I KNOW IF I HAVE BED BUGS?

Usually the first sign of a bed bug infestation is the appearance of small rusty spots on your mattresses and bed linens. These are bed bug droppings and blood spots.



Bed bugs feed on any bare skin exposed while sleeping. Red itchy welts are an indication of an infestation. Bed bug “bites” occur when the bed bug is actually drawing blood. It may take as long as fourteen days for a welt to appear from a bed bug “bite”.

The infected person should resist the urge to scratch the “bites”, as this may intensify the itching and cause an infection. Some people have a reaction to bed bug “bites” and may need to seek medical assistance. Bed bugs are not known to transmit any diseases to humans.

[Bed-Bug Furniture Pick-Up Procedures and Hotline](#)